

**Submission
No 1246**

INQUIRY INTO BIRTH TRAUMA

Name: Miss Tara Penales

Date Received: 14 August 2023

During the birthing of my child, I was threatened by the doctor with a c section if “things didn’t move along quicker” I was told I had 30 minutes and that I was too calm - that should be experiencing more pain than I was. I went into panic and was anxious . My birthing experience was traumatic from there forward. A nurse that came on at shift change wanted to break my waters - they had already broken but because it wasn’t written down in the notes she did not believe me. I did not give consent for her to poke me and my child wth an instrument to break waters while she did a routine examination. I felt violated and no longer trusted the care of both doctor and nurse.